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GOVT: ONLY 30 FLIGHTS A WEEK BETWEEN INDIA, UK FROM JAN 8

Only 30 flights per week will operate between India and the UK when services resume from January 8, Civil Aviation Minister Hardeep Singh Puri announced on Friday, and said this arrangement will continue till January 23. Indian and UK carriers will each be operating 15 flights per week during the said period to and from Delhi, Mumbai, Bengaluru and Hyderabad only.

Colgate

Vedshakti Oil Pulling.
A new healthy ritual for the new year.

Your mouth is the gateway to your health, and Oil Pulling is the practice of swishing oil in the mouth for a few minutes every morning. It is known to deep clean the mouth and draw out toxins. It improves oral and overall health. The all-new Colgate Vedshakti Oil Pulling is an antioxidant-rich blend of 5 oils - Sesame, Eucalyptus, Basil, Clove and Lemon. A product of Colgate's oral care expertise and Ayurvedic knowledge, Vedshakti Oil Pulling is an effective health ritual to give you a clean mouth, for a healthy you.

5 OIL BLEND
- Sesame Oil
- Eucalyptus Oil
- Basil Oil
- Clove Oil
- Lemon Oil.

1 Take a spoonful of the blend 2 Swirl it in your mouth for 2-3 minutes 3 Spit it out 4 Rinse with water.